

## For all the right reasons

# Running



Story and photos by  
**JOSN Ryan C. McGinley**  
Staff Writer

**M**ichelle Emerson, a Navy reservist, learned about Team in Training through an informational meeting. She learned the program is the world's largest endurance sports training program.

The program provides training to run or walk a whole or half marathon or participate in a triathlon or century (100-mile) bike ride. But what really got her interested was the cause.

Supported by the Leukemia and Lymphoma Society, Team in Training's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families.

After being told by doctors 12 years ago she would never run again, Emerson was determined to participate in the efforts and do her part for those in need.

"I was told 12 years ago that I would never run again, and here I have completed eight marathons," she said. "Because I believed in the cause, it's made all the difference in the world."

According to its web site, Team In Training began in 1988 when Bruce Cleland of Rye, N.Y. formed a team that raised funds and trained to run the New York City Marathon in honor of Cleland's daughter Georgia, a leukemia survivor. The team of 38 runners raised \$322,000 for the society's Westchester/Hudson Valley chapter. Now more than 30,000 runners, walkers, cyclists and triathletes will participate in the world's major marathons, triathlons and century rides this year on behalf of the society.

"This is an incredible program," said Lettina Heilbron, Hawai'i campaign director for the Leukemia Lymphoma Society. "It is the largest endurance training program in the nation, and it's also the largest fundraiser for the Leukemia Lymphoma Society."

By helping to raise funds for leukemia, lymphoma and myeloma research and patient services, athletes receive personalized fitness training by certified coaches for a period of four to five months, approximately the time needed to train for a marathon or half marathon. Athletes also receive training clinics and supportive teammates who help them to complete the distance.

"All the encouragement is really incredible," said Heilbron. "You have to experience it to get it."

Team in Training athletes wear purple shirts while participating in events, which helps spectators to identify with those who are running for the program. They are called the "purple people."

Athletes also receive mentors who have gone through the program before. They are available to answer questions and support the athletes.

"We're really just a support system out there cheering people on and helping them understand the program," said Ana Maring, Navy reservist and mentor. "I had never run more than five miles when I started training for my first marathon. Anybody can do it."

Athletes also have an honor teammate, which helps them to see what it is they are running for.

"Having an honor teammate is a physical reminder to you while you're training that there is somebody in the local area who needs your help," said Jeff Conway, Navy reservist and mentor for Team in Training. "It helps you identify with the cause."

An honor teammate is usually someone in the local community who is currently battling, or has successfully beaten leukemia or lymphoma.

For those who are unsure about running a marathon, Heilbron assures them of how successful Team in Training really is.

"Our program is 98 percent successful in getting people to the starting line and finishing," she said. We're pretty proud of that. And if you think running a marathon is hard, try chemotherapy daily. It puts things into perspective as to why we're out here and why we're training."

Each athlete has a different reason for participating in Team in Training, but they all have the same goals.

"My uncle has leukemia and has been battling leukemia for six years," said Maring. "Through the strides they have made in medicine, he has been virtually symptom free for a long time."

"When you complete a marathon, distance, training, fundraising - when you cross that finish line, it's an incredible, incredible experience," said Heilbron.



An athlete celebrates after completing her training program for the day.



Athletes practice walking for the marathon near Diamond Head. Team in Training offers athletes the option of running, walking, cycling or participating in a triathlon. More than 30,000 athletes participate each year.



An athlete celebrates after completing her training program for the day.



An athlete from Team in Training takes a quick water break before continuing on her training run for the Honolulu Marathon.

Commentary

# Focus on Fun

JO1 Daniel J. Calderón, Editor

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## Hike the Hawai'i trails

Some people confuse hiking with walking. I suppose it's understandable. Both are done on your feet and both can be done outdoors. However, saying walking around the neighborhood is just the same as hiking the Waimano Home Road trail is a bit deluded.

Hiking is a great way to get in touch with the aina we all share. It's a way to get out and see the island from a very personal perspective. There's no car to take you through the trail, no air conditioned space to relax in and no traffic to frustrate your progress.

At worst, you may have to wait for a couple of people on a narrow trail, but that's not nearly as big a deal. On Oahu, there are trails that lead to crystal pools that fairly beg you to shed your sweaty shirt and feel the cool water on your skin.

There are vistas that will confound your senses and stun you into silence. There are places you can hike to that will almost make you forget that you live in the 21st century — at least until your cell phone rings and someone reminds you to pick up a gallon of milk on your way home.

Hiking is a way to exercise in a way that almost seems like you're not exercising. Yeah, if you do a really good four or five mile hike, you're going to be beat when you get home, but the sights, sounds and smells of the Hawaiian countryside will remain with you long after the aches and pains of the hike are forgotten.

As I said, I've hiked the Manoa Home Road trail a few times. I don't think I'll ever forget

the first time I went hiking up the trail and came to "the table." As the name implies, it's a table placed under a really small cover. It sits atop a ridge that overlooks two valleys.

When I got there, the sun had just come up over the horizon and the clouds in the valleys had not yet burned off. There were wisps of white clinging to the sides of the mountain and the tops of the trees. There was a primordial hush and I half expected to see herbivores from Jurassic Park lumber into view and take a mouthful from the lush vegetation.

As far as you know, no such herbivore ever showed. But, it was a profoundly moving moment and it is one that will remain with me for a very long time.

If anyone is interested in hiking, you can head over to the Outdoor Adventure Center next to Bloch Arena on Naval Station Pearl Harbor. They've always got hikes scheduled and the rates are crazy low. You can check out what they've got online at [www.greatlife.hawaii.com](http://www.greatlife.hawaii.com).

Or, if you want to head out on your own, you should still drop by the OAC and see if they have any maps of the area you want to hike. They can also give you ideas on what you should take with you when you hike. The world outside your air conditioned bubble is not always so accommodating. It can surprise you.

Next time, I'll tell you about the time I walked around the world in 80 days, but that's another story...

## Cup art tradition greets Pearl Harbor's newest addition

Lacy Lynn  
Staff Writer

Last week the USS Chung-Hoon (DDG 93) ohana continued the tradition of creating "cup banners" to welcome Pearl Harbor's newest ship home for the first time.

Although no one seems to know how it got started, cup banners have become a part of the Navy ohana tradition in Hawai'i. Chung-Hoon ombudsman Kim Smith first heard about cup banners when she was asking about USS Chafee's (DDG 90) homecoming last December.

Also, according to Rene Hock, Chung-Hoon ohana president, spouses who had been stationed in Hawai'i before knew about cup banners and wanted to welcome their new ship home with them.

The colorful and creative messages of cup art have become a frequent sight along the stretch of fence fronting Kamehameha Highway across from Naval Station Pearl Harbor's Makalapa Gate.

Before ships or submarines return home, volunteer groups, usually made up of spouses and fiancés of crewmembers, spend a few hours creating displays by popping plastic cups into the holes in the chain link fence.

The cups are arranged in various patterns - creating the effect of a colossal Lite Brite, with pictures of ships and



U.S. Navy photo by JO2 Devin Wright  
Lauren Shedd from the Chung-Hoon ohana creates a cup banner outside Makalapa Gate for the ship's homecoming.

subs, hearts, anchors and vessels' names and welcome messages.

Smith and a volunteer group of about 12 Chung-Hoon ohana members assembled early last Thursday morning to create their first display.

"We pretty much knew what we wanted to put up so it was a matter of doing it," said Smith.

The design used approximately 756 cups arranged by "trial and error" and took about three hours to complete, according to Smith.

While creating the design, ohana members posted two "spotters" outside the fence to watch while the other volunteers slipped cups through the links.

The cup banners, like other welcoming preparations, boost

morale and give the spouses and fiancés who have been arriving in Hawai'i since this spring a reason to get together.

"It's a nice way to put a personal touch to welcome them home...a great way to get together and have some fun," said Hock.

The high visibility of the banners also keeps the community aware of the Navy presence on Oahu.

"It's such a major intersection. It's not just military people driving down there and it makes people feel good to see the families put forth the time and the effort," said Smith.

The process does have a few guidelines, though. According to Smith, groups must receive base approval and all banners must be removed after a five-day limit.

## Sailors, Soldiers, families keep in virtual contact

JO1 Daniel J. Calderón

Editor

Corrine Cherwin is a Navy spouse living in Hawai'i and she is leaving a birthday message for her father who lives in Virginia Beach, Va. The twist? She's leaving a video message of herself and her kids.

"The kids love it," she enthused. "We finish dinner and they ask if they can send a video e-mail."

Cherwin is able to leave the message by using a new proprietary software available through Advantage Communications. Customers can upload their message to the site, record and send a link to whomever they want to see it. The receiver then opens the link and views the message. There is no downloading and no large files are sent to anyone's e-mail address.

"[The system] has been a blessing with keeping in touch with family and loved ones," Cherwin said. "I can record the children and send the link to everyone I know. The grandparents can see little clips of their grandchildren and be a part of their growing up. It has really made a difference in the way we keep in touch."



U.S. Navy photo by JO1 Daniel Calderón  
Corrine Cherwin, a Navy spouse living in Hawai'i, leaves a birthday video message for her father who lives in Virginia Beach, Va.

"There are so many families that need this," said Army Chief Warrant Officer 3 Cedric Bills of the 30th Signal Battalion. "With the streaming video e-mail, people can just buy a web cam, record their message and they don't have to worry about any time differences."

Bills, who has been in the Army for 20 years, is a communications officer. He said the

software allows Soldiers to see and keep in touch with their families in an economical manner.

"The video is great quality and it's very affordable," he said. "Anyone with an e-mail account can receive and view these messages."

According to Mindy Sue Ash, the packages for the streaming video e-mails are very affordable.

"Packages start at \$11.95 a month," she said. "For that, you can get recording times of up to a minute."

This package allows users to send between 300 and 500 e-mail messages per month. The next package is \$39.95 and allows users to record up to two minutes per e-mail message with up to 1,000 messages per month.

"The only people who may run into trouble and come close to using up all their time and e-mails are businesses," explained Ash. "Individuals would have to send out so many e-mails, it would be difficult to use this up."

Along with the ability to record e-mails, users will receive a site where they can view the number of times their video has been accessed and viewed. It also lets users know how much space they have left in their

monthly account. Ash said users do not have to use a state-of-the-art web camera to create high-quality video e-mails.

"I'm just using a web cam messenger that runs around \$45," she said. "I think it's a high enough quality."

Cherwin said the video e-mails have helped re-connect her with her family on the mainland.

"People that I haven't talked to in years that I keep sending pictures to responded to the video," she said. "My cousin said it brought tears to her eyes to see the video."

"This makes messages so much more personal," Bills said. "Would you rather get an e-mail saying, 'Hey, Junior took his first step, or would you want a video showing you your child taking his first steps?'"

Users can get more information or download the software at [www.myvideotalk.net/12413](http://www.myvideotalk.net/12413). There, users can view the plans available and choose from the options. For local assistance, contact Ash at either 591-9315 or 596-2274 from 8 a.m. to 10 p.m. daily.

"I can't tell you how happy I am just to have this," Cherwin said. "It makes being so far away bearable."

# USS Florida Sailors help after Hurricane Charley

**JO2 Christina M. Shaw**

*Commander, Submarine Force, U.S. Atlantic Fleet Public Affairs*

After Hurricane Charley devastated parts of Florida in August, Sailors from the submarine USS Florida (SSGN 728) banded together to take a trip down to their namesake state.

Using money out of their own pockets, the Sailors took the trip in order to take part in a massive effort to provide victims of Charley with the necessities needed to ease the suffering. The crew saved money by staying with relatives of another Florida Sailor in Venice, Fla.

"I have family in South Florida," said Chief Machinist's Mate (SS) Jeffrey J. Their. "The state of Florida has done a lot for our ship, and this was just one

small way to pay them back."

"It was sad to see the level of devastation and damage to the South Florida area," said Chief Electronics Technician (SS) David Meares, a native of Yorktown, Va. "I could not believe what some of the people were left with. A lot of them had nothing left to live in or a place to go to except the relief stations."

"Many were left with nothing but the clothes on their backs," added Senior Chief Hospital Corpsman (SS) Donald Abele, a native of Gloucester, N.J.

Charley, one of the first hurricanes to hit the United States this season, caused more than \$7.4 billion in damage to homes, businesses and personal possessions, more than any other hurricane in Florida since Hurricane

Andrew, according to an American Red Cross preliminary survey.

During the trip to Florida, temperatures were sweltering. To these Sailors, it was well worth the challenges of bearing the heat.

"Over the past 23 years, the state of Florida and her people have supported the boat," Abele said. "We felt it only fitting to repay their support."

"In addition, after going through Hurricane Isabel here in Hampton Roads last year, we have a small understanding of what these people are going through," Abele continued.

During the relief efforts, Florida Sailors distributed more than 95,000 pounds of ice, and 54,000 gallons of water to a total of 55,000 cars in the six days they were there.

## Forest City Management holds Community Day

**Karen S. Spangler**

*Assistant Editor*

Employees of Forest City Management held Community Day Sept. 10, lending a hand in the community by helping to clean up drainage canals at Halawa Valley and doing painting and landscaping at Aliamanu Elementary School.

Forest City is the management company under Hawai'i Military Communities, which provides maintenance and oversees the five neighborhoods included in the first phase of the Navy's public-private venture in Hawai'i.

The effort was part of a nationwide Community Day project, joining the Honolulu-based Forest City employees with almost 1,000 Forest City associates involved in community projects across the United States.

Forest City created Community Day to demonstrate its commitment to community involvement and betterment and to give their employees the opportunity to volunteer their time and skills to local organizations.

Projects include painting at schools and children's agencies, delivering meals to the elderly, and cleaning up beaches and waterfronts.

Employees from Forest City volunteered hours at Halawa



Photo courtesy of Forest City Management  
Mike Agtang repaints the hopscotch grid at Aliamanu Elementary School while students watch.

Valley on Oahu, painting over graffiti in drainage canals and cleaning up garbage in the surrounding area.

The effort at the recreational spot was also in support of the Pearl City Police Department and its Crime Prevention Graffiti Project.

The volunteers also contributed their time to perform landscaping and painting at Aliamanu Elementary School.

The school was selected by Forest City employees because it serves the community in which many of the management company's military families live.

Ronald A. Ramer, president and chief executive officer of Forest City Residential Group, said, "Our company can think of no better way to invest our time than working to preserve natural resources and helping make a school building better for its students."

**Free classified advertising for military in Hawaii Navy News**

Active duty and retired military, civil service and dependent personnel can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

## STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

Phone: (808) 473-2888

Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

**Hawaii Navy News**

# Pennsylvania teen has his wish granted

**MM3 Greg Bookout**

*Staff Writer*

Michael L. Pinder, a 15-year-old Pennsylvania high school student diagnosed with Batten Disease, visited the Arizona Memorial, Ford Island and toured USS Chosin (CG 65) Sept. 9.



U.S. Navy photo by MM3 Greg Bookout  
Michael L. Pinder raises the American flag over the Arizona Memorial during his visit to Pearl Harbor on Sept. 9.

The trip, which also included a helicopter tour of the island, a Paradise Cove luau, snorkeling and all the trimmings of a tropical Hawaiian vacation, was sponsored by the Make-a-Wish Foundation.

"The trip, the tours have all just been unbelievable," said Michael W. Pinder, father of the child. "I couldn't believe the things he got to do today. He was able to do things that no one else visiting Pearl Harbor gets to do."

Along with his mother and father and best friend, Brandon Myers, Pinder made the 4,500-mile trip from Sinking Springs, Pa. to Hawai'i.

"Everything has been absolutely amazing, just great," said Myers. "I never thought in a million years that I would get to do something like this. We have been treated like kings."

Pinder's father also had good things to say about the hospitality shown by the foundation and the Navy.

"The attention shown to Michael was impressive," said Pinder's father. "I was surprised that the captain, the executive officer, the chief selectees and the other officers spent the entire time with him. They let him do all kinds of fun things, too."

Back home in Pennsylvania,

Michael has many hobbies, including horseback riding, swimming, hanging out with friends, and collecting and watching movies. Pinder said that he always enjoyed movies, especially films about history and the military.

"I love movies; I have a collection of over 600 titles," said Pinder. "My favorite movie is 'Just Visiting,' but I really like a lot of history and military movies like 'Braveheart', 'The Patriot', 'Tears of the Sun', 'Band of Brothers' and 'Pearl Harbor'."

Pinder's parents noted that Michael was very interested in knowing all of the tedious historical details behind the films.

"After watching movies, he is very interested in the minute historical details of the characters," said Pinder's father. "He would want to know, for example, what the medieval warriors wore into battle, what types of weapons and items they carried with them, and even how much their swords weighed."

Pinder also has many goals he works to achieve.

"I want to lose weight and get fit," said Pinder. "I want to get the girls. I also like to dance, study to do well in school and write short stories."

Michael's father said that even though he is unable to write him-



U.S. Navy photo by MM3 Greg Bookout  
Michael Pinder sits in the captain's chair on the bridge of USS Chosin (CG 65) during his Make-a-Wish tour of Pearl Harbor. Chosin commanding officer Capt. Edward Boordaon, oversees Pinder at the command post.

self due to his illness, he orally tells stories for others to record. Pinder's father noted that Michael had an excellent memory and could recall what he said so you cannot paraphrase his stories.

"He is really good at making up stories," said Pinder's father. "We will write down what he says as he tells the story. When you read it back to him, it better be perfect word for word as he told

[it] or he will know and call you out on it."

Michael said that his experiences at the Arizona Memorial and aboard the Chosin were memorable for him.

"I got to be the captain of the ship for a day," said Pinder. "I got to actually sit and shoot missiles and torpedo submarines (simulated). Being able to raise the American flag over the Arizona was a real honor."

# A penny saved...at Navy Marine Corps Relief Society Thrift Shop

**Karen S. Spangler**

*Assistant Editor*

Finding a bargain these days may not always be easy, but at the Navy Marine Corps Relief Society (NMCRS) thrift shop, bargains are plentiful.

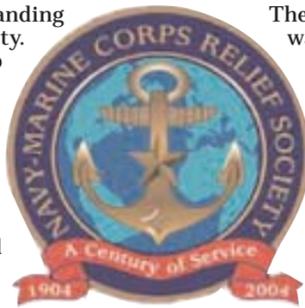
The shop offers Navy uniforms. Young Sailors who need to prepare for sea bag inspections can procure the necessary items at a nominal cost.

Other clothing, as well as household items, books, toys and knick knacks, can also be purchased - all at great savings, according to Paul Belanger, director of Navy Marine Corps Relief Society at Naval Station Pearl Harbor.

"The thrift shop is an outstanding resource for the community. People who are trying to stretch their pennies and dollars can find bargains at the thrift shop," said Belanger.

Donations can be left in the drop-off box at the shop, which is located in building 285 on Central Avenue (old Marine Barracks). The shop exists solely on donations.

Each year, thousands of dollars in profits from the shop's sales benefit Navy and Marine Corps personnel, retirees and families.



The funds are used in a variety of ways, helping families and service members with food, shelter, expenses of emergency leave and transportation and other needs for basic assistance, Belanger explained. In 2003, nearly \$40,000 from the shop's proceeds helped military families.

He added donations from the thrift shop, items such as clothing and toys, also are a resource for families who have lost their belongings in house fires. The NMCRS thrift shop is operated by

volunteers. The volunteer staff is small and people willing to volunteer their time are always needed.

"The Navy Marine Corps Relief Society has traditionally been a volunteer-run agency and without volunteers, our services would be seriously curtailed. We are in dire need of volunteers all the time," said Belanger.

The thrift shop is open from 8 a.m.-noon Monday through Thursday and Saturday. For more information about the thrift shop, call 422-4691.

For information on volunteering with NMCRS, call 423-1314. For additional information about NMCRS, visit [www.pixi.com/~nmcrcshi/](http://www.pixi.com/~nmcrcshi/).

# MWR

*Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.*

## OUTDOOR ADVENTURE EVENTS

### FREE GOLF CLINICS

A free golf clinic will be offered at Navy Marine Golf Course. NMGC will host "Those 'Tough to Hit' Long Irons" on **Oct. 16**. Register at the NMGC pro shop. For more information, call 471-0142.

### FALL TEAM TENNIS CHALLENGE

MWR will host a Fall Team Tennis Challenge on **Sept. 22** at Wentworth tennis courts. All skill levels are welcome. Participants can enter their command or form a team of their own. Or MWR can help interested players to find a team. Match format is two singles, two doubles and one mixed doubles. The maximum number of players is 16 per team roster. The cost is \$5 per player. Register by **today**. For more information, call 473-0610.

### PEE WEE SOCCER

Registration for Pee Wee soccer will be held through **Sept. 24** at the youth sports office. The cost is \$35 and includes a T-shirt, medal and certificate. To register, bring participant's birth certificate and a current physical (dated no more than one year ago) to registration. Children should also attend to get proper sizing for shirts or uniforms. Children ages three-five are eligible to participate. The season begins **Oct. 6**. For more information, call 474-3501.

### MONGOLIAN BARBECUE AT THE BANYANS

Mongolian barbecue will be offered from 5:30-8:30 p.m. **Sept. 24** at The Banyans. Patrons can select from exotic spices, fresh meats, seafood and vegetables and watch as chefs create a stir-fried masterpiece just for them. Live music will be provided at the event. Reservations should be made by **Sept. 20** by calling 473-2569.

### FALL JUNIOR TENNIS TOURNAMENT AND FAMILY DOUBLES CHALLENGE

A fall junior tennis tournament and family doubles challenge for novice, intermediate and open players will be held beginning at 9 a.m. **Sept. 25-26** at Wentworth tennis courts. The junior tournament is open to boys and girls (age eight to 18), singles only with double elimination format. The family doubles tournament is open to parent/child and husband/wife teams and will be held on Sunday only. Trophies will be awarded to top finishers. The tournament is open to all MWR patrons. The cost is \$5 per player. Register by **Sept. 22** at Wentworth Pro Shop. For more information, call 473-0610.

### FREE SAND VOLLEYBALL CLINIC

A free sand volleyball clinic will be held beginning at 5 p.m. **Sept. 24** at Wentworth sand volleyball courts. Beginners and intermediate level players are welcome. Participants should register by **Sept. 22**. For more information, call 473-0610.

### BECOME A CDH CHILD CARE PROVIDER

Become a CDH child care provider and stay at home while providing child care for military and DoD personnel. Upcoming class

dates are slated from **Nov. 8-10, 15 and 16**. Training is free and includes information on activities, health and safety techniques, CPR and first aid, business practices and tax tips. Register by **Sept. 27**. For complete registration requirements and an application form, visit [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com) or call 471-8444.

### T-BALL AND COACH-PITCH CLINIC

Registration for T-ball and coach-pitch clinic is now ongoing through **Oct. 1** at building 3456 at Main Street. The clinic is open to boys and girls born from August 1997 to July 2000. The cost is \$20 and includes a T-shirt. Clinics will be held at 5 p.m. every Tuesday and Thursday and at 9 a.m. Saturdays in October. For more information, call 474-3501.

### KID'S CLUB

Parents can leave their children at Kid's Club while they work out at Bloch Arena. Kid's Club is available from 8:15-10:15 a.m. Monday-Friday, 4:15-7:15 p.m. Monday-Wednesday, and 8:45-11:45 a.m. Saturday. The drop-in center has certified caregivers providing a fun and safe environment for ages six weeks to five years old. The cost is \$3 per hour. Parents must provide diapers, bottles, snacks, etc. For more information, call 473-0793.

### FFSC

All classes free and located at Fleet and Family Support Center, building 193, unless otherwise indicated. To register or for more information, call 473-4222 or visit [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com).

A video-based workshop, **Parenting Your ADD/ADHD Child**, will be offered from 9-11 a.m. **Sept. 27**. The workshop will answer questions on ADD/ADHD

and give helpful parenting tips.

A **Car Buying Strategies** workshop is slated from 5-7 p.m. **Sept. 21**. The workshop covers what you should know before stepping onto a car lot.

**Couples Communication** will be held from 5-7 p.m. **Sept. 23**. The class will help married or committed couples to increase their awareness of communication styles and that of their partner.

**Smart Move Workshop**, providing information to assist service members and spouses in planning an upcoming PCS, will be held from 8-11:30 a.m. **Sept. 23**.

A three-day **Separation Transition Assistance Program (STAP)** Seminar will be held from 8 a.m.-4 p.m. **Sept. 21-23**. The seminar will offer information for military members and families who are within one year of separating. The class fills up quickly so attendees are advised to register in advance through their command career counselor.



### Weekly events:

**Sunday:** Chess tournament, 6:30 p.m.  
**Monday:** WWE wrestling, 6:30 p.m.  
**Tuesday:** 8-Ball tournament - 7 p.m.  
**Wednesday:** Game show - 6:30 p.m.  
**Thursday:** 9-Ball Pool tournament - 7 p.m.

## Movie Call

Sharkey Theater  
Naval Station Pearl Harbor  
(473-0726)

### FRIDAY

7:00 p.m. The Bourne Supremacy (PG 13)  
**SATURDAY**  
 2:30 p.m. Thunderbirds (PG)  
 4:30 p.m. Harold and Kumar Go to White Castle (R)

7:00 p.m. The Manchurian Candidate (R)

### SUNDAY

2:30 p.m. Cat Woman (PG 13)  
 4:45 p.m. Thunderbirds (PG)  
 6:45 p.m. The Village (PG 13)

### THURSDAY

7:00 p.m. Collateral (R)

\$3 adults; \$1.50 children (6-11)

\*Special: \$2 adults; \$1 children (6-11)

Memorial Theater  
Hickam Air Force Base  
(449-2239)

### FRIDAY AND SATURDAY

7:00 p.m. The Manchurian Candidate (R)

### SUNDAY

7:00 p.m. The Village (PG 13)

### WEDNESDAY AND THURSDAY

7:00 p.m. The Village (PG 13)

\$3 adults; \$1.50 children (6-11)

\*Special: \$2 adults; \$1 children (6-11)

Sgt. Smith Theater  
Schofield Barracks  
(624-2585)

### FRIDAY AND SATURDAY

7:00 p.m. I, Robot (PG 13)

### SUNDAY

7:00 p.m. Harold & Kumar Go to White Castle (R)

\$3 adults; \$1.50 children (6-11)

\*Special: \$2 adults; \$1 children (6-11)



JOSN Ryan C. McGinley

### The Manchurian Candidate

John Frankenheimer's 1962 original, "The Manchurian Candidate," is regarded as one of the greatest political dramas of all time. To remake such a fine work of craftsmanship is ludicrous and completely not necessary. However, that never stopped Hollywood before. Jonathan Demme takes aim at this update assembling a top-notch cast of Denzel Washington, Meryl Streep, Liev Schreiber and Jon Voight. With multiple Oscar nominees and a couple of winners, the acting might be the finest and only worthy part of this newer version.

The film follows the same basic outline as the original, with subtle changes. Ben Marco and Raymond both fought in the Gulf War. Years later Raymond is running for vice president and Marco, a decorated officer, starts having haunting dreams about the war. After he finds a chip under his skin, he goes on a fact-finding mission to uncover the truth about what really happened. Marco believes that he and his unit were brainwashed by the enemy.

The enemy in the 1962 original was the communists, a plausible villain given the times and events in the world. This time around, Demme creates a villain in big business, a generic attempt to relate the film to modern day events rather than using an outdated bad guy.

The story is basically the same and would be tiresome if not for the acting in this film. Denzel Washington is superb in this film, with his passionate monologues speaking almost directly into the camera at the audience. Meryl Streep gives Angela Lansbury's Oscar nominated performance additional depth and Liev Schreiber holds his own filling the shoes of Laurence Harvey.

Altogether, "The Manchurian Candidate" reinforces two points about Hollywood and its unending necessity to steal from itself: (1) Great classics should be left alone (i.e. "Psycho") and (2) Acting cannot completely hold together an unoriginal shoddy script (i.e. "Cast Away").

OVERALL RATING:



# Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to [hnn@hono-luluadvertiser.com](mailto:hnn@hono-luluadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

### Blood drives:

- **Sept. 17:** 10 a.m.-1 p.m., U.S. Navy, COMSUB-PAC, building 1341, first deck conference room, Pearl Harbor.
- **Sept. 23:** 9 a.m.-noon, U.S. Air Force, Hickam Community Center, Hickam Air Force Base.
- **Sept. 24:** 9 a.m.-noon, U.S. Navy, FISC, building 475, Pearl Harbor.
- **Sept. 29:** 9 a.m.-1 p.m., U.S. Navy, CPRFP, Marine Corps Base Hawai'i - Kaneohe.

**Irish country folk music** will be performed by singer, songwriter and accordionist Eddie Coffey and his four-member band from 11:30 a.m.-3 p.m. **today** at the Navy Exchange.

Find out more about **Hale Koa Hotel and Kilauea Military Camp** at an information session scheduled from 1-2 p.m. **Sept. 18** at the NEX rotunda. Representatives will be on hand to answer questions about rates, activities and nearby attractions.

The next **Twang Jam** (co-produced and sponsored by Bluegrass Hawai'i) will be held **Sept. 19** at Kapono's at Aloha Tower Marketplace. The concert will be presented from 2-5 p.m. followed by workshops and jamming at 5 p.m. All active-duty military personnel with valid military ID plus one guest will be admitted free to Twang Jam.

Tickets for non-active duty military personnel are available at a cost of \$7 pre-sale (available from members of featured bands or by calling 678-3010) and \$10 at door. Children under the age of 12 will be admitted free. Families are welcome. Each Twang Jam will include free workshops sponsored by Bluegrass Hawai'i. The workshops are geared to introduce the community to traditional music and dance, and further the development of local players. The September event will include an intermediate Irish fiddling workshop, a beginner's jamming workshop and a workshop for rhythm guitarists. For more information, visit the Bluegrass Hawai'i Web site at <http://www.bluegrasshawaii.com> or call 622-1077.

**USS Crommelin Family Support Group (FSG)** will meet at 6:30 p.m. **Sept. 20** at the Pearl Harbor Memorial Chapel. Childcare will be provided at a minimum donation of \$1 per child. For more information, contact the FSG Board at [crommelinfsg@yahoo.com](mailto:crommelinfsg@yahoo.com) or Athena at 623-4973.

**The Hawai'i Nature Center** is seeking volunteers to help with clean-up and restoration from 8:30-11:30 a.m. **Sept. 25** at Pouhala Marsh in Waipahu. The marsh, which is the largest wetland habitat in Pearl Harbor, will be the new field site for the center's third grade wetland program that teaches children about the wetlands and the endangered Hawaiian birds that live there. The work will involve removal of trash and pickleweed so volunteers should be prepared to get dirty, wet and hot. Volunteers should provide their own work gloves and water and wear long pants and covered shoes. Pickleweed removal will involve getting wet up to the waist. For more information or to sign up for this special project, contact Pauline Kawamata, volunteer coordinator, at 955-0100, ext. 18.

**The Joint Spouses Conference** is now accepting registration for the 2004 conference. The event will be held **Oct. 15 and 16** at the Hickam AFB Officer's Club. Registration forms may be picked up at base exchanges, commissaries, support centers, thrift shops and chapels. Registration forms may also be downloaded from their web site at [www.jointspousesconference.com](http://www.jointspousesconference.com). The cost for both days is \$25 or \$15 for either Friday or Saturday alone. Forms need to be postmarked by **Sept. 30**. Children are not permitted to attend the conference. Childcare is not available and must be prearranged.

**Volunteers are needed to serve as volunteer guardian ad litem (VGALs)** for Hawai'i's First Judicial family court. VGALs serve as advocates for abused and neglected children who are in the family court system. Free training is provided. Volunteers must enjoy working with children and be able to confront difficult issues. The next training class is scheduled to begin **Oct. 9**. Those interested in attending the next class should contact the VGAL program staff as soon as possible. For more information, call the VGAL program office at 538-5930.

The **'Race for the Cure'** Susan G. Komen Breast Cancer Foundation 5K run/walk will be held **Oct. 24**. Registration for the event will be held in front of the Navy Commissary from 10 a.m.-3 p.m. **Oct. 2**.

How to contact **TriWest/TRICARE services** - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their web site at [www.triwest.com](http://www.triwest.com), or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic. The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.

The **University of Oklahoma** offers a master of arts in managerial economics and a master of public administration. The non-thesis programs can be completed in about 18 months. The school offers one-week classes that are TDY/TAD friendly. For more information, contact OU at 449-6364 or [aphickam@ou.edu](mailto:aphickam@ou.edu) or visit [www.gouou.edu](http://www.gouou.edu).

**T.O.P.S.** (Take Off Pounds Sensibly), a nonprofit, non-commercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free.

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.

# Task Force Uniform announces changes in uniform regulations

## Task Force Uniform Public Affairs

Task Force Uniform (TFU) has announced some significant changes to the Navy Uniform Regulations, which were recently approved by Chief of Naval Operations (CNO) Adm. Vern Clark.

These changes are among the first initiatives being rolled out as a result of Task Force Uniform. The Uniform Regulation changes were made based on fleet input from interviews with Sailors, command site visits, comprehensive research and data collected from a Navywide uniform survey. The survey collected feedback from more than 40,000 Sailors throughout the fleet.

The approved changes include women's skirts, identification badges, civilian bags, women's handbags, communication devices and breast insignia.

One of the changes effective immediately will be the authorized wear of civilian bags while in uniform. This includes briefcases, gym bags, backpacks, suitcases and garment bags. The specific guidance on wear and appearance for each is outlined in NAVADMIN 209/04.

Another revision that is effective immediately is the wear of a wireless communication device, such as a cell phone, PDA or pager for offi-

cial business, while in uniform. The device cannot be visible from the front, and must be worn on the belt, aft of the right or left elbow. Specific guidance and further details on the proper wearing and use of these devices is contained in NAVADMIN 209/04.

Female Sailors may now wear civilian handbags while in uniform, but must meet the specific criteria and be worn in the manner prescribed in NAVADMIN 209/04. Women's uniform handbags are now an optional uniform item, and will no longer be a prescribed seabag item or issued at recruit training as of Oct. 1, 2004.

In addition to the handbag, women's skirts will also be an optional uniform component as of Oct. 1, 2004. This applies to both service and dress uniforms, and may no longer be prescribed. Female Sailors who desire to wear a skirt will still be able to purchase them through the Navy Uniform shop.

There is also new guidance regarding silver breast insignia and identification badges. Specifications are outlined in the NAVADMIN.

"In the fleetwide survey, we asked a lot of detailed questions and received some very detailed responses in return," said Master Chief Petty Officer of the Navy (SS/AW) Terry Scott, who oversaw the massive effort. "We were very pleased with the level of par-



U.S. Navy photo by J02 Brandon Schulze  
Task Force Uniform announced that female Sailors may now wear civilian handbags while in uniform.

ticipation in the survey and the focus groups."

These changes to the Uniform Regulations are just the first in a number of initiatives being produced by TFU. In addition to streamlining and simplifying the Uniform Regs, TFU is developing concept uniforms for a working uniform for E-1 through O-10, as well as a year-round service uniform for E-6 and below. TFU plans to announce the uniform concepts in the coming weeks, and an announcement about specifics of the wear testing dates and areas to follow.

NAVADMIN 209/04 serves as the interim change to the Navy Uniform Regulations.

STORY IDEAS?

Phone: (808) 473-2888 Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

Contact the HNN editor for guidelines and story/photo submission requirements

Hawaii  
**Navy News**

# Healthwatch: Nutrition class points out keys to eating right

JOCS (SW) Doug Hummel

Naval Air Station Reserves, Willow Grove Public Affairs

They are everywhere. New low carb menus and diet fads are taking over.

People are turning to them in order to lose extra- unwanted pounds. However, not everyone will have the same results as those glamorized in the success stories being promoted.

"Those diet fads are not a healthy way to lose weight," said Chief Hospital Corpsman (AW) Jo R. Wright, the teacher of the basic nutrition class offered by the Willow Grove Naval Health Clinic. "Sure, they might help you get to your weight goal quickly, but they're not designed for

you to continue eating that way for the rest of your life."

Wright emphasizes that people who battle with weight shouldn't be so quick to reach for pills, shakes or diet fads to lose weight. One of the keys to weight management, according to her, is knowing how big a serving size really is.

"The plate of spaghetti you get at your favorite restaurant is not a serving and the foot-long hoagie you get at the local sub shop is not a serving," said Wright. "A serving size of pasta is a half cup, which is about the size of a tennis ball...For some reason, Americans feel compelled to eat all the food that's put on their plate."

The source that Wright uses to teach the class comes from the USDA's

Food Guide Pyramid.

"Not only does your body have to have food, but it needs to have the right kinds of food," said Wright. "You wouldn't drive your car around without gas would you? So why would you expect to do it to your body? Your body is a lot more valuable than your car."

Yeoman 1st Class (AW) Lucenda Chiles, from the base's legal office, attended the class and immediately started to put the information she learned to use. "I didn't know about the hidden (carbohydrates) and saturated fats and what they do to your body. Since the class, I've changed my eating style and have noticed that it's already made a positive difference on my weight."

Another key element, according to Wright, is drinking eight eight-ounce servings of water each day. Water aids your body with ingesting and digesting food and helps your body to perform at peak efficiency, said Wright.

"We want to get and need to get healthy," said Wright. "In order to do that, you must develop a healthy eating habit that becomes a part of your lifestyle so you can enjoy the rest of your life."



## Preparing for the future with JEMS



U.S. Navy photo by JOSN Ryan C. McGinley

QM1 (SW) David Carson from ATG MIDPAC talks with recruiters from Norwegian Cruise Line at the 17th annual JEMS Job Fair held Wednesday at The Banyans.

# Celebrating Aloha spirit



A Joint Service Color Guard marches down the street during the Aloha Floral Parade in Waikiki.



The Pacific Fleet Band marches down the street in Waikiki during a parade held in honor of Aloha Festivals. The Aloha festivals are in their 58th year.

## Commentary and photos by Karen S. Spangler

Assistant Editor

What is the spirit of aloha? It's proudly displayed throughout the islands on bumper stickers, T-shirts and conveyed through the familiar "shaka" sign. But the spirit of aloha is much more than just a catchy buzzword.

The aloha spirit is a feeling, an attitude that has been incorporated, a way of life that is a part of everyday life here in Hawai'i.

Now in its 58th year, Aloha Festivals began in 1946 as Aloha Week and since that time, has grown to encompass 300 events on six islands spanning a two-month period. (For this reason, Aloha Week became Aloha Festivals in 1991.)

The island's largest and only statewide celebration, it is an event that showcases the culture, heritage, music and people of Hawai'i with

pageantry, parades, street parties, concerts and family activities.

The theme of this year's Aloha Festival is *No Na Kamali'i*, meaning "for the children," honoring youth and their importance as guardians as cultural traditions.

The spirit of aloha is many things to many people. It's our Sailors and commands who take part in community efforts, help in the schools, participate in charity runs/walks, and contribute their time and help in a variety of ways. It's the welcome, support and appreciation to our military by those in the local community.

The spirit of aloha is a gathering together of those who enjoy this island paradise – an opportunity to share a bit of ourselves and embrace the culture and the differences that make Hawai'i so unique.

It's remembering and helping others through difficult times, reaching out through our aloha to make a difference in someone else's life. It's that spirit of aloha that prays for the safe return of our troops and supports their families while they are away from their homes.

The spirit of aloha is a camaraderie, a caring, a giving that pervades the human spirit – and is a never-ending process, helping one another, continuously spreading the aloha.

During Aloha Festivals 2004, as well as the rest of the year here in Hawai'i, the spirit of aloha is truly a way of life.

(For more information on Aloha Festivals 2004 events, visit their Web site at [www.alohafestivals.com](http://www.alohafestivals.com)).



Pa'u riders herald the start of the Aloha Floral Parade in Waikiki. Aloha Festivals began in 1946 as Aloha Week and since that time, has grown to encompass 300 events on six islands spanning a two-month period.



